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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Create More Happiness–Practise Extreme Self–Care

By Lisa Branigan

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EXTREME is not a term usually connected to self–care. Self–care usually portrays a picture of gentleness, kindness, loving self or being nurturing. People don't consider it necessary to take extreme action when it comes to self–care. Why?

First the word extreme is often only associated with dangerous sports or foolish actions when in reality it relates to any area where you try something new or push your personal limits to experience the fullness of life.

Second, most of us don't know what self–care is really like or we may feel we will begin practising self–care when we have enough material security that allows us time to be so indulgent. You put your needs second for many years and then if and when the time comes you may not know how to do it because you haven't developed the habit of self–care.

In reality practising extreme self–care actually produces more time, space and money in our lives. When we truly care for our own needs first, we build a reserve of energy and resources that enables us to sustain extreme self–care in our own life with enough left over to care for others.

I challenge you to choose one thing this week that demonstrates extreme self–care in your life. (Have a massage, read a book, get a house cleaner, do your favourite whimsical thing, have a check up at the dentist, stretch, say no). Notice the happiness, energy and well being you create by practising extreme self–care.

Lisa Branigan is a Stress and Energy Life Coach working with busy women who are stressed, tired and overwhelmed. Her coaching sessions provide women the necessary support, encouragement and understanding needed to create changes and bring balance to their life and health. Lisa is the publisher of "Life Solutions" a free monthly e–zine providing tips and information on self–care and wellbeing for women. Visit Lisa at www.quantumcoaching.com.au

Where Do We Find True and Lasting Happiness?

By Dove

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Where Do We Find True and Lasting Happiness?

For the longest time I was convinced that I was not happy unless I had a partner to share my life with. I just knew that having someone to share glorious sunrises and romantic sunsets would make me happy. I even came close to marrying someone who made me feel as if I was the happiest person on the face of the earth only to find out that it was not actually him that made me happy.

This is the mistake most all of us make when we are dating and even more so when we have been married and have become accustomed to having someone around all the time then suddenly we are thrust back into this crazy dating world that has changed so much since we were gone that we need to go to Dating College to get educated and learn the lingo not to mention the new rules to even be a player in the game. OK, so you think you know the answers, what makes you happy, what will keep you happy and that special something that will attract you and keep you attracted? I think you are going to be surprised at what I have to say.

The greatest lesson I have learned if I have learned anything in my dating trials and tribulations is that I am the only person on this earth that is responsible for my happiness. The only place that happiness lives forever, with or without a partner is within you. You have the power to create and maintain your own happiness. Love is great to have and share, but in order to share what you have to offer, you must first find that happiness within yourself and the person that sees that happiness in you will want to be part of that happiness.

So you see, the search and the quest for that fulfillment is endless as long as you choose not to look inside yourself. Enjoy the journey, experience what life has to offer, always keeping your happiness in focus, first and foremost. YOU, are the reason for your happiness, let it shine, share it with the world and you will receive that happiness back in your heart ten fold.

Your Friend in Love ~Dove

Dove is a columnist for www.cupidsblackbook.com she is 47 years old and lives in Oklahoma.



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